

WYN AMARIS

Crystals



for the

Lunar

Circle

Crystals for the Lunar Cycle

As you begin to use crystals for your spiritual practices, you can begin to make use of the lunar cycle. Not only are there crystals that can enhance your energy during the full and new moon, but also other moon phases. There are certain types of crystals that are best for specific phases of the moon, as your energy changes with the moon phases as well.

By using crystals with the lunar cycle, you enhance your energy and vibrations, and speed up your manifestations. Here are crystals to use during each phase of the lunar cycle.

New Moon

The beginning of a new lunar cycle starts with the new moon. The new moon is all about going inward and finding clarity about yourself. You will use your intuition a lot during the new moon and find more introspection. It is about personal growth, self discovery, and for many people, setting goals for the upcoming month.

Here are the crystals that are best to use during the new moon:

Smoky Quartz

Smoky quartz is a stunning brown and grayish crystal that can be used to help you discover more about yourself during the new moon. It is a crystal ruled by the Earth so it is wonderful if you are looking for grounding during this time. It is also excellent for meditation and releasing negative energy.



Selenite

Selenite is often used during the new moon since it helps to offer protection and cleanse you of negative energy. If you have been feeling a little lost or stuck lately, you can clear any chakra blocks by using selenite.

Black Obsidian

As the new moon is a dark moon, darker crystals like black obsidian are great options to use. The black obsidian crystal helps you make hard decisions and find which path to take, which is a big part of what you focus on during a new moon.

Other crystals that are ideal during the new moon are amethyst, moonstone, and green aventurine.

Waxing Crescent

Next is the waxing crescent moon. This moon phase is when you begin to see positive changes from the intentions you set during the new moon. You can also start increasing some of your manifestation power during the waxing crescent.

Use the following crystals during this moon phase:

Rose Quartz

As you begin to focus on positivity and manifestations, consider using a crystal like rose quartz for feeling the love. You can use it for self-love, but also for manifesting romantic relationships. It is also used often for self-discovery.



Carnelian

Carnelian is an excellent healing crystal to us during the waxing crescent moon phase. This phase is about positive changes following the new moon. Carnelian offers you the courage to take the next steps toward your dreams.

Citrine

As you soak in the healing energy of this moon phase, consider using citrine as well. You can boost your own self-esteem, find your inner strength, and gain more balance in your energy.

First Quarter

During the first quarter moon, sometimes called the half-moon, the moon will be half-illuminated. You really want to work on your personal growth and determination during this time. This is also when some of those doubts and fears start to creep in after setting your intentions during the new moon, so you need crystals that build on your inner strength.

Tiger's Eye

The first crystal to use during the first quarter moon is tiger's eye. You need the extra boost of courage and brevity during this moon phase as you begin working on your goals you have set. If you have any obstacles, tiger's eye really gives you the strength you need to overcome them.



Jasper

Jasper is an extremely powerful stone with the strength nearly radiating off of it. Just picking up jasper, even before being cleansed, you can feel its power.

Fluorite

Using fluorite allows you to further ground yourself, as it is connected to both Pisces and Capricorn in the zodiac. It comes in many different colors, and offers aura cleansing, protecting, and truth during this time.



Waxing Gibbous

The waxing gibbous moon is when it is almost all the way illuminated, very close to the full moon. Focus on being mindful during this moon phase, using crystals that help to increase your energy and can give you more of that confidence you need moving forward. It also helps to use crystals that help with raising awareness and giving you more clarity.

The following crystals are recommended:

Rainbow Moonstone

Rainbow moonstone is a feminine crystal that helps to remove negative influences in your aura and helps you to stay grounded. It can be used during this moon phase to help prepare you on your journey, get ready for the changes of the full moon, and to help strengthen your own intuition.

Black Obsidian

When you are in this moon phase, you are trying to prepare for the full moon when you rid yourself of negative energies and let go of what no longer serves you. You can take this time to prepare with crystals that help to clear your energy and aura, such as black obsidian.

Citrine

During the waxing gibbous moon phase, you want to work on being mindful and beginning to take action on your intentions. Citrine is a great crystal for this, since it promotes abundance and creativity. You can remove some doubts and negative energy as well to keep you moving forward.

Full Moon

Finally, the full moon phase! During a full moon, it is about letting go of what you no longer need in your life and resetting your life. You will overcome obstacles during this time and gain more clarity into where your life is heading. It is also a great time to remove negative energy.

Some crystals that will help you to release negative energy and find clarity include:

Moonstone

Not only does the full moon provide energy of letting go and resetting, but it might also be when you need to draw and attract more things to you. If you are feeling like something is missing or not quite right, moonstone can help you during a full moon. This is also the perfect time to charge your moonstone.

Selenite

Another crystal highly connected to the energy of the full moon is selenite. Use selenite during a full moon when you have a lot of negative energy you are trying to release as it can help absorb it for you. You will also raise your vibrations using selenite, so it can be used for your full moon manifestations as well.



Labradorite

The full moon is also a good time to bring out your labradorite. This crystal is a protection crystal that helps to heal your emotional state and keep you from absorbing anyone else's negative energies during the full moon. If you tend to have nightmares around this time, get a small labradorite stone and sleep with it under your pillow.

Waning Gibbous

Following the full moon is the waning gibbous moon phase. During this time, you continue releasing that negative energy from the full moon, as well as starting to practice more gratitude. There are many crystals that are wonderful for this moon phase, including:

Clear Quartz

Shortly after the full moon, you might still feel like you need to unburden yourself of negative energies and cleanse your aura. The clear quartz crystal is ideal for this. It is a healing stone that can really purify you of any negative energy you still have.

Bloodstone

The waning gibbous is also a good moon phase for considering what or who is not serving you, such as toxic friendships or situations you need to finally be free of. Bloodstone is a great crystal when it comes to balancing peace and harmony, with more positive energy.

Amethyst

Amethyst works for so many phases of the moon, but it is particularly useful during the waning gibbous phase after the full moon. Once you have rid yourself of the negative energy, you then want to begin calming your spirit with a soothing and cleansing crystal like amethyst.



Third Quarter

The third quarter moon brings you close to the end of this lunar cycle. It is when you do more evaluating on your life, gain strength, and may start to see the fruits of your labor. For this moon cycle, use the following crystals to improve your focus:

Black Tourmaline

When you reach the third quarter moon phase, you will probably begin to feel motivated to take action and actually start seeing the results of what you accomplished so far this month. Black tourmaline will help you stay grounded during this time and build upon your strength.

Moonstone

Our moonstone is back again for the third quarter moon! This is actually a fantastic time for moonstone, as its graceful feminine energy combines with your inner strength to evaluate where you are on your journey.

Aquamarine

You may also want to use aquamarine during this third quarter moon. It helps to reduce any stress or anxiety you might have in your life so that you can keep moving forward.



Waning Crescent

The final phase of the lunar cycle before the next new moon is the waning crescent, which is a good time to rest and recharge. Use crystals for the heart chakra, as well as the following for balance and confidence:

Rose Quartz

The harmonious beauty of rose quartz is a wonderful addition to your waning crescent moon phase. You can begin to work on attracting love and passion into your life to prepare for your new moon manifestations.

Bloodstone

If you are still feeling some negative energy in your life and want to finally be free of it during this last phase of the lunar cycle, get out your bloodstone. Bloodstone is a purification crystal, helping you to remove these unwanted energies from your life.

Garnet

And last but not least, use garnet during the waning crescent moon phase. You are gearing up for the new moon when you set manifestations, so using a crystal like garnet to promote wellbeing and a good balance in your life is perfect.



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